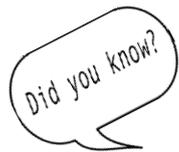


June Health & Wellbeing Newsletter 2018



Keeping active and healthy

Regular exercise has been proven to help you to reduce the risk of chronic illnesses such as heart disease, type 2 diabetes and stroke. Research shows that physical activity can also boost self-esteem, mood, sleep quality and energy.

The British Heart Foundation explains that physical activity can help reduce your risk of heart disease. It can also help you control your weight, reduce blood pressure and cholesterol and improve your mental health – helping you look and feel great!



They have a '9 ways to get more active' plan

1. **Start Small** – The government guidelines recommend that you should do at least 150 minutes of moderate aerobic activity a week. If this seems a lot don't worry, you can break it up to ten minute sessions throughout the day and build from there. The BHF have a 10 minute workout that you can do from the comfort of your own living room <https://youtu.be/O5YX5xg8Seg>
2. **Be realistic about your goals** – set yourself realistic goals that are specific and achievable. E.g. set a goal to walk 30 minutes every day or learn how to swim.
3. **Make exercise part of your day** – Plan a time to do some physical activity that fits in with the rest of your day. Don't worry if you miss a day, just make sure you start again the next day.
4. **Keep moving** – Every activity counts, so look out for opportunities to be active during the day. Use stairs instead of the lift, walk to the shop on your lunchbreak instead of getting in the car.
5. **You don't have to go it alone** – Involve friends and family to make activities more fun, sociable and enjoyable. Catch up with friends by going for a walk or take the children swimming.
6. **Make sure you get plenty of variety** – make a list of activities that you enjoy and pick a different activity to do each week. This way you are varying your activities and are less likely to get bored and lose interest.
7. **Set a reminder where you can see them** – Prompt yourself to be more physically active by keeping reminders around the house.
8. **Keep an eye on your progress** – Use a pedometer or an app on your phone to count the numbers of steps you walk each day. Walking is an ideal activity and it's free.
9. **Reward yourself!** – Recognise when you achieve your goals, and reward yourself.



The secret to getting fit for free is to use every opportunity to be active.

NHS Choices have a variety of resources to help you keep active and healthy!

They have a dedicated page called the [NHS Fitness Studio](#) which has a selection of online exercise videos.

You can take your pick from 24 instructor-led videos from the aerobics, strength and resistance, pilates and yoga categories that range from 10 – 45 minutes. There are exercises to tone your abs, raise your heart rate, tone your upper arms and much more.

All of the exercise routines count towards the Government's recommended weekly physical activity guidelines.



The NHS also have a Couch to 5K free running plan for absolute beginners of running. Running is great for weight loss, improving heart and lung function, strengthening bones, and giving you a general sense of wellbeing.

The plan runs for nine weeks and involves running three times a week with a day of rest between each. Further information is available at [Couch to 5k](#)

Apps

